Pause + Reflect Symptom Tracker

THE PAUSE ROOM.
SKIN. SOUL. SANITY.

A 7-Day Symptom & Mood Tracker for Perimenopause & Beyond

This tracker is designed to help you reflect on how you're feeling physically, and emotionally, day by day with space to note the unexpected too.

Pause + Reflect

Hello!

If you've downloaded this, chances are you're somewhere in the hormonal blender that is perimenopause. Possibly with rage in your throat, a weird ache in your legs, and a vague memory of who you used to be.

This isn't a worksheet pretending to fix you. It's a gentle nudge back to yourself. A way to notice what's going on, name it, and maybe laugh at it instead of crying in Tesco again.

Inside, you'll find:

- Five honest, grounding journal prompts (no fluff, no toxic positivity)
- A weekly symptom and mood tracker to help you make sense of the chaos

Print it. Scribble on it. Or type into it if you're paper-averse and peri-poor in patience. This is yours.

If it resonates, you might like *Feral Chihuahuas & Fine Lines: A Menopause Field Guide to Skin, Soul & Sanity (with a little added snarling*) - my no-nonsense eBook that goes a little deeper into this weird, beautiful, feral stage of life. Take what you need. Leave the rest.

Just to warn you that my brain fog has continued a little into post-menopause and even though I proofread the Feral Chihuahuas Field Guide eleventy billion times, I clearly didn't take note of my obsession with my Lime Ritual and may have mentioned it once.....or thrice – meh, I'm only human).

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Housekeeping & Helpful Tips

Before you begin filling in your tracker or journal prompts, here are a few helpful notes to make sure everything saves properly, and you don't lose your reflections:

- Create a Master Copy so you always have a blank one to hand.
- If you're using a computer, always download the tracker and open it using Adobe Acrobat Reader (free version is fine)
- Avoid filling it in directly from your web browser or in Apple Preview (on Mac), these often won't save what you type
- Once you've filled in your week, use **'Save As'** to rename your file and keep a record (e.g. `Tracker_Week_1_July.pdf`)

About the journal prompts:

These will stay the same each week. Think of them as your weekly emotional anchor — the same question may land differently depending on your hormones, headspace, or what chaos life has flung your way. You might spot patterns, progress, or completely different insights from one week to the next. That's the point.

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Prompt Yourself Gently

Five Journal Prompts for When You Feel Like a Stranger in Your Own Head

1. What part of me feels the most invisible right now, and when do I feel most seen?

2. What am I holding on to that I no longer want to carry, emotionally or physically?

3. How does rage or sadness show up in my body, and what helps me move it through safely?

4. If my body could speak today, what would it say, and what would it ask for?

5. What do I miss about myself, and what might be trying to emerge instead?

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How to Use the Symptom Tracker

Use the table on the following pages to track your symptoms over 7 days. Tick the box if you experience a symptom on a given day. You can also add your own symptoms in the blank rows provided. At the end of the week, reflect on any patterns, surprises, or changes. You can reuse this tracker weekly, print more copies or duplicate the file digitally.

Weekly Symptom Tracker

Symptom	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Hot flushes / Night sweats							
Brain fog							
Anxiety							
Low mood / Tearfulness							
Irritability / Rage							
Insomnia / Disturbed sleep							
Palpitations							
Joint pain / Muscle aches							
Bloating / Digestive issues							
Weight fluctuations							
Libido changes							
Headaches / Migraines							
Fatigue / Low energy							
Itchy skin / Crawling sensations							
Tingling hands or feet							
Burning mouth / Dry mouth							
Hair thinning / Loss							
Dry eyes							
Vaginal dryness / Discomfort							

Urinary urgency / Leaks							
Changes in body odour							
Feeling disconnected / Numb							
Overwhelm							
Anger outbursts							

Weekly Notes & Reflections

Use this space to jot down anything you've noticed, any unexpected symptoms, or emotional shifts.

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